

COVENANT EFC



PARENTING

FROM INSIDE OUT

**Towards an
Intentional Disciple
Making Family (IDMF)**

MEMBER'S WORKBOOK

PARENTING

FROM INSIDE OUT

TOWARDS AN INTENTIONAL DISCIPLE MAKING FAMILY (IDMF)

MEMBER'S WORKBOOK

COVENANT EFC

**PARENTING FROM INSIDE OUT
TOWARDS AN INTENTIONAL
DISCIPLE MAKING FAMILY (IDMF)
Member's Workbook**

© 2017 Covenant Evangelical Free Church

Published by
Covenant Evangelical Free Church
10 Jelapang Road
Singapore 677740
Tel: (65) 6892 6811
Fax: (65) 6892 1502
Email: mail@cefc.org.sg
Website: www.cefc.org.sg

Scripture references are taken from English Standard Version (ESV).
Used by permission.

© 2017 Covenant Evangelical Free Church
All materials are strictly copyrighted.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without prior permission of the publisher.

CONTENTS

FOREWORD BY SENIOR PASTORS	6
GROUND RULES	7
PROPOSED PROGRAMME	8
LESSON 1	9
Modelling Discipleship at Home	
<i>Relationship with God</i>	
<i>By Rev Dr Chua Chung Kai and Mrs Tina Chua</i>	
Short Film: <i>Caught!</i>	
LESSON 2	14
Owning Your Parenting Journey	
<i>Relationship with Self</i>	
<i>By Rev Dr Chua Chung Kai and Mrs Tina Chua</i>	
Short Film: <i>Carbon Copy</i>	
LESSON 3	19
Delighting Your Spouse	
<i>Relationship with Spouse</i>	
<i>By Rev Tan Kay Kiong and Mrs Diana Tan</i>	
Short Film: <i>The Badminton Match</i>	
LESSON 4	25
Expressing Unconditional Love	
<i>Relationship with Children</i>	
<i>By Pastor Adrian Chan and Mrs Doreen Chan</i>	
Short Film: <i>Over-Reactor</i>	

LESSON 5	31
Learning to Communicate Boundaries	
<i>Relationship with Children</i>	
<i>By Pastor Adrian Chan and Mrs Doreen Chan</i>	
Short Film: <i>Why Not?</i>	
LESSON 6	38
Specifying Various Discipline	
<i>Relationship with Children</i>	
<i>By Rev Tan Kay Kiong and Mrs Diana Tan</i>	
Short Film: <i>Unplug</i>	
CHILDREN'S TESTIMONIES	44
<i>Josiah Koh</i>	
<i>Hazel Tan</i>	
<i>Nicholas Ong</i>	
APPENDICES	
Appendix 1	46
<i>Learning the Ropes</i>	
<i>By Rev Tan Kay Kiong</i>	
Appendix 2	55
<i>Meeting of Needs</i>	
<i>By Rev Tan Kay Kiong</i>	
Appendix 3	60
<i>Places You Can Visit with Your Family</i>	

FOREWORD BY SENIOR PASTORS

Dear Parents,

This parenting material is meant for your own growth journey, and possibly for journeying with others who are also in a season of discipling at home. Although there are no perfect parents or foolproof parenting method, the Bible gives us clear principles on how to teach and train our children in the way of the Lord. It is a redemptive discipleship journey and we need to practice patience and grace in raising our children — in the same way that our Heavenly Father has been gracious to us (Rom 5:8; Psa 103:8-12).

Parenting from Inside Out Towards an Intentional Disciple Making Family (IDMF) is based on the spiritual anchor of Covenant EFC found in Acts 20:28. We embrace growth from inside out as we emphasise the importance of discipleship at home. Thus, we need to pay attention to three specific areas:

- **Our Relationship with God**

We need to grow deeper in our relationship with God.

- **Our Relationship with Self**

We need to take care of ourselves and develop self-awareness.

- **Our Relationship with Others**

We need to strengthen our relationships with our spouse and children.

We recommend that this material be used in sequential order as the lessons are arranged following a “from-inside-out” format. It is best to go through this module in a small group to foster support within a like-minded community. Each lesson can also be used as a stand-alone material. The questions in each lesson are for both discussion and self-reflection.

As we journey together towards IDMF, may we experience God’s redemptive work in our lives and in our families!

Rev Tony Yeo & Rev Tan Kay Kiong

**“WE EMBRACE
GROWTH FROM
INSIDE OUT AS
WE EMPHASISE
THE IMPORTANCE
OF DISCIPLESHIP
AT HOME.”**

GROUND RULES

To ensure that this Parenting Group is a safe place to learn, it is important for the group members to agree on the following ground rules:

1. I agree to respect the time of others by being punctual.
2. I agree to keep everything shared in the group confidential.
3. I agree *not* to be abstract, but to be personal in my sharing. I agree to use “I” statements (i.e. I feel, I think, I need, etc.) when sharing my needs, attitudes, feelings and ideas.
4. I agree that it is important to process past experiences which make my parenting less effective, and to confront issues that are challenging me. I agree that some of these may need to be followed through with the help of an experienced counsellor outside the group.
5. I agree to be discreet and sensitive to others when I share.
6. I agree *not* to give unsolicited advice, and *not* to accuse or pass judgement.
7. I agree *not* to criticise my spouse and family members during the sessions.
8. I agree to be prepared to give and receive feedback.
9. I agree *not* to debate on our intellectual opinion about what should happen. We will share our opinion only in relation to our own families.
10. I commit to journey with the Parenting Group for the entire duration of the module.

Name and Signature:

Date:

PROPOSED PROGRAMME

1. Review the previous lesson by going through *Review* and *Quick Catch-Up*.
2. Leader to read *Introduction* and facilitate an icebreaker (icebreaker is optional).
3. Watch the short film (3 mins).
4. Share one take-home lesson from the short film (10 mins).
5. Watch the teaching video (10 mins).
6. Divide into discussion groups (3 to 4 couples per group) so that everyone can fully participate.
7. Discuss using the questions in *Group Discussion* and *Personal Application*, emphasising on *Personal Application* (45 mins).
You may answer only those questions which are appropriate to your group's current journey. If necessary, you may extend the sessions to cover the rest of the questions.
8. Bring the Parenting Group back together for conclusion and closing. Leader to summarise the key points (5 mins).
9. Close the session by praying for one another.

(M.O.D.E.L.S.)

LESSON FIVE

LEARNING TO COMMUNICATE BOUNDARIES

RELATIONSHIP WITH CHILDREN

By Pastor Adrian Chan and Mrs Doreen Chan

5



► REVIEW

Last session, we learned about unconditional love. Three expressions of unconditional love:

1. Know the five love languages
2. Love is spelt T-I-M-E
3. Enter your child's private world to share curiosity and emotions

► QUICK CATCH-UP

1. Is there any action you did to show unconditional love to your children?
2. Did you try the online assessment of the 5 Love Languages?
(Allow 2 to 3 persons to choose one question and share briefly.)

LESSON FIVE

LEARNING TO COMMUNICATE BOUNDARIES

INTRODUCTION

Children want space and freedom. They want to make their own choices and decisions. On the other hand, parents are concerned that their children are aimless and not rising to their potential. So much so that they would step in to seize control. This makes their children feel suffocated and repelled by their grip.

Who determines what the child needs? When the child is young, parents need to make a lot of choices for them, including the schedule of feeding, what to eat and drink, leisure time, clothes to wear, books to read, etc. As the child grows, control should gradually shift into influence. The transition range is about 10 to 12 years old. At this point, there ought to be some order and discipline in place determined by the parents when the child was younger. They need to take into consideration the needs of the child, but must not depend on the mood of the child. "A child is ready to make choices when he can take 'no' as one of the choices." – Gary Ezzo

■ Short Film (3 mins)

Watch *Why Not?*

▶ <https://vimeopro.com/covenantefc/pfio-session-5>

■ **Sharing (10 mins)**

What is your first reaction as a parent if you see the tipsy boy at your door step?

■ **Teaching Video (10 mins)**

Watch *Learning to Communicate Boundaries*.

▶ <https://vimeopro.com/covenantefc/pfio-session-5>

Points to Ponder:

Funnel concept — starting from not having their own choices when they are young, slowly give more choices as they grow older.

■ **Group Discussion (40 mins)**

Divide into discussion groups (3 to 4 couples per group).

1. At what age would you introduce digital devices (smartphone, tablet, etc.) to your child? What are your reasons and how do you relate them to the lesson on parenting funnel?

Diagram 1

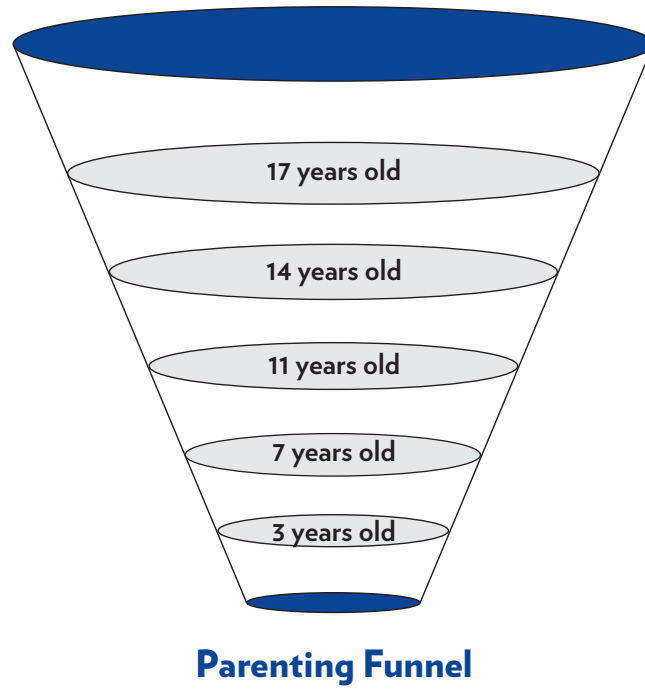
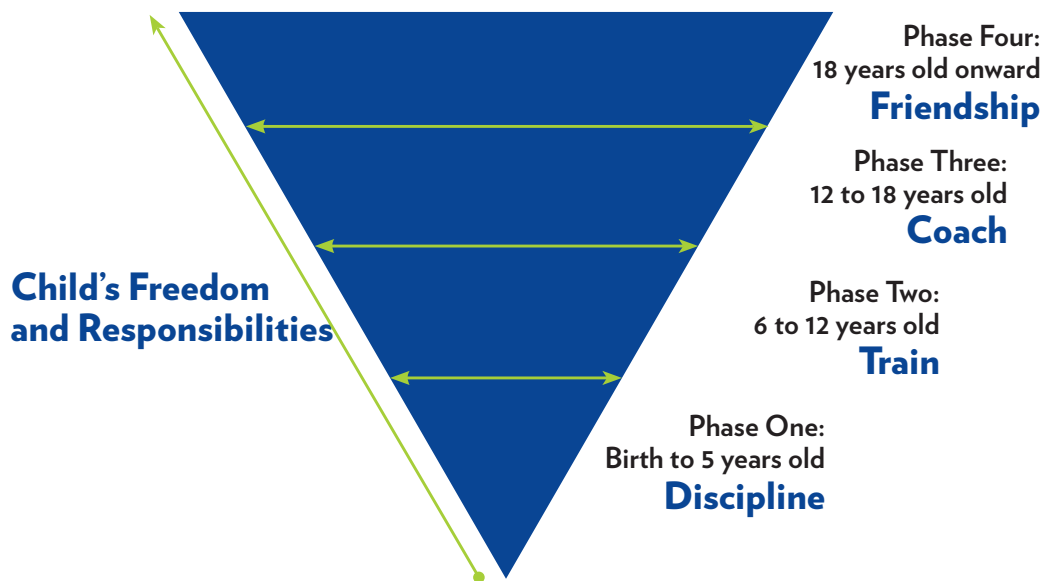


Diagram 2



2. According to the Four Phases of Parenting shown in diagram 2, which phase do you need to focus on right now? (For further reading, read “The Relational Goal of your Parenting”, pp. 218 – 219 of *Growing Kids God’s Way* by Gary Ezzo.)

3. Discuss the age that you would allow your children to decide on the following:
- a. Books, music, movies, TV programmes, computer games
 - b. Clothes, hairstyle, use of digital devices
 - c. Food, drinks, alcohol, cigarette
 - d. Friends, places to hangout, curfew, stay over, activities

4. Consider Proverbs 22:6 “Train a child in the way he should go; even when he is old he will not depart from it.” What are some areas of concern in raising your child and how do you deal with them in the context of parenting funnel?

■ **Personal Applications**

5. Having considered the parenting funnel (diagram 1) and loosening your grip (diagram 2), which area do you need to pay attention in order to raise your child in the way of the Lord?

■ Group Summary (5 mins)

Key Points:

1. Gradual loosening of grip based on parenting funnel.
2. Freedom comes with increasing ability for self-control.
3. Raise a child in Christ-likeness.

■ Closing Prayer

Lord, it is not easy being parents. Teach me to be Your disciple that I may teach my children to be Your disciples too. Help me train my children in the way they should go, so that when they are old they will not depart from it. May they be faithful to You all of their lives. Amen.

■ Homework

Memorise the Four Phases of Parenting. We will review it together as a group next session.

■ Recommended Readings

1. *Age-Appropriate Chores* by Sheila Seifert (<https://www.focusonthefamily.com/parenting/parenting-challenges/motivating-kids-to-clean-up/age-appropriate-chores>)
2. *Children and iDevices* by Jodie Gale (<http://jodiegale.com/the-effects-of-idevice-use-little-brains-and-neuroscience-ipad-3>)
3. *It's 'Digital Heroin': How Screens Turn Kids into Psychotic Junkies* by Dr Nicholas Kardaras (<http://nypost.com/2016/08/27/its-digital-heroin-how-screens-turn-kids-into-psychotic-junkies>)

■ Preparation for the Next Session

1. Read the next lesson: Specifying Various Disciplines.
2. Pray for yourself and your group.